

Summary of Skills Check List – Cardiovascular Exam

1. Wash hands
2. Gown and drape appropriately
3. Inspect precordium
4. Palpation of RV and LV; Determination of PMI

Auscultation

5. Elevate head of table to ~ 30°
6. S1 and S2 in 4 valvular areas w/diaphragm
7. Try to identify physiologic splitting S2
8. Assess for murmurs
9. Assess for extra heart sounds (S3, S4) w/bell over LV

Carotid artery

10. Palpation
11. Auscultation

Internal Jugular Vein

12. Determine jugular venous pressure

Lower Extremities

13. General lower extremity observation

Assess femoral area (you don't have to do this on fellow students)

14. Palpation for nodes (***Special Test**)
15. Femoral pulse (***Special Test**)
16. Auscultation femoral artery (***Special Test**)

Assess knees (non-mechanical exam)

17. Color, swelling
18. Palpate popliteal artery pulse (***Special Test**)

Assess ankles and feet for:

19. Color; Temperature; Capillary refill
20. Check for edema
21. Observe for any skin breakdown, ulcerations (including between toes, soles)

Pulses

22. Palpate dorsalis pedis artery
23. Palpate posterior tibial artery

24. Wash hands

***Special Test:** Not done on routine exam – Reserved for specific clinical situations